1. In Black and White: In writing, especially an agreement, contract, or other formal document.

Please send me an email summarizing this conversation, so I have it all in black and white should the issue come up in the future.

2. Black or White: To dwell in the extremes.

Its either black or white with him. He is either too nice or too mean.

3. Black sheep: the odd one out in the group

I have always been the black sheep in my family, I have a completely different personality to all of them, and we don’t even look the same!

4. As White as a Sheet: In great stress and anxiety

You're looking as white as a sheet. Is everything fine?

5.White Lie: A harmless lie told to sound polite or not to hurt other's feelings.

I just wanted to get out of work so I told my boss a little white lie, and said I had a doctor’s appointment.